



## SWS Mountain Guides

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### Mount Shasta Ice Ax Clinic Mount Shasta, California



**General Description:** Join SWS Mountain Guides for a one-day ice ax and crampon clinic on the flanks of Mt. Shasta's Avalanche Gulch. This one-day clinic is for anyone who needs instruction in the use of crampons and ice ax, i.e., for someone who is climbing a snow/ice route on Mt. Shasta! Topics include Walking with the ice ax, ice ax self-belay, ice ax self-arrest (from all positions), crampon boot fit and adjustment, walking in crampons, flat-footing, French technique, German technique, using the front points, and glissading. This clinic is designed to give you practical instruction in all the necessary skills you will need to climb Mt. Shasta safely and efficiently.

Whether you are climbing on your own or our other courses this clinic is the perfect compliment/refreshers for your climb. If you are taking our two-day Shasta Summit climb, we highly recommend taking this clinic the day before your climb.

**Location:** SWS Mountain Guides Office, Mount Shasta, CA.

**Itinerary:** After meeting at 9:00 am on the first day in SWS Mountain Guides Office, Mount Shasta, CA. (see map) we will conduct a short pack check and issue the included gear. We will then drive to the Bunny Flat Trailhead or surrounding area depending on snow conditions and take a short hike to our practice slope where we will begin our instruction. The clinic will typically start around 10 am and end between 2-4 pm with a break for lunch around noon.

**Food:** Please bring your favorite high-calorie, high-carbohydrate lunches, snacks, and water.

**Prerequisites:** No previous mountaineering experience required. The better shape you are in, the more enjoyable the climb will be for you!

**Level:** Beginner to Intermediate. Participants should be in good physical condition. No previous experience needed. Give us a call if you have any questions. We will be conducting the course around 6,500 to 8,000 feet in elevation so be sure to drink plenty of water before arriving on the day of the course.

**Dates 2019:**

March – July: Call us with the minimum group of 4 or more regular price. Private Clinics also available

March 8<sup>th</sup> & 9<sup>th</sup>

April 21<sup>st</sup>

May 4<sup>th</sup>, 5<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 25<sup>th</sup>, 26<sup>th</sup>

June 1<sup>st</sup>, 2<sup>nd</sup>, 8<sup>th</sup>, 9<sup>th</sup>, 15<sup>th</sup>, 16<sup>th</sup>, 22<sup>nd</sup>, 23<sup>rd</sup>, 30<sup>th</sup>

July 1<sup>st</sup>, 6<sup>th</sup>, 7<sup>th</sup>, 14<sup>th</sup>

**Cost:** \$150.00 Minimum group size of 3 persons

**Combo Discount: \$275.00** Combine both Ice Ax Clinic and Basic Mountain Clinic in one weekend. Use Promo code on Basic Mountain Clinic to get full discount: *Iceaxcombo19*

**Includes:** Professional instruction/guide(s), ice axe, crampons, helmets, and permits.  
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